OLGC Divorced / Separated Catholic Ministry

Tuesday, Sep. 20th – **Introductory Meeting**

Chapter 1: *Praying During Times of Distress (*Duffy & Frese)

Pg. 13: *What Does it Mean to Heal After Divorce?* (Rabior)

Music: Ecclesiastes 3:1-8 “Turn, Turn, Turn” by the Byrds

Tuesday, Sept 27th – **The Grief and Healing**

Chapter 9: *The Healing Begins (*Duffy & Frese)

Pg. 21: *Doing Your Grief Work* (Rabior)

Music: “Christ Be Our Life” by Bernadette Farrell

Tuesday, Oct. 4th – **Forgiveness**

Chapter 13: *Working on Forgiveness (*Duffy & Frese)

Pg. 35: *Forgiving Your Former Spouse and Yourself* (Rabior)

Music: “Forgiveness” by Matthew West

Tuesday, Oct. 11th – **Letting Go**

Chapter 12 *Letting Go (*Duffy & Frese)

Pg. 42 : *Letting God Help* (Rabior)

Music: “Thy Will” by Hillary Scott and the Scott Family

Tuesday, Oct. 18th – **Talking Things Out / Mother Mary/ Participant Choice**

Pg. 49: *The Benefit of Counseling* (Rabior)

Chapter 16: *Mary our Mother* *(*Duffy & Frese)

Music: “Tell Your Heart to Beat Again” by Danny Gokey

Music: “Your Grace is Enough” by Matt Maher

Tuesday, Oct. 25th – **Service, Laughter, Hope**

Chapter 17: *Hope for the Future and Our Vocation in Life (*Duffy & Frese)

Pg. 56 *Healing Through Service to Others* (Rabior)

Music: “Hope in Front of Me” by Danny Gokey

Chapter 14: *Gratitude (*Duffy & Frese)

Music: “Be Alright” by Evan Craft

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Protocols for our Gatherings \*

**Honor Differences:** God has created each of us uniquely, and I recognize that everyone comes to this experience with different backgrounds, experiences, and views. I commit to honor differences knowing they add to richness of the group’s experience as well as each individual

**Listen Intently:** God frequently speaks through the unfamiliar and different. I will listen intently in order to fully understand different points of view, realizing these other views will help with my own evolving journey.

**Practice Sacred Listening:** Listening is an act of love and care. I will practice sacred listening and listen with respect (i.e. no side conversations, no interruptions.)

**Respectfully Seek Clarification:** How I treat another person is much more important than my opinions and perspectives. I will recognize that we are looking for truthful insights with potentially different views. I will respectfully seek clarification of other perspectives and add to my understanding. If I choose to disagree with a perspective that is different from mine, I will do this respectfully and lovingly.

**Everyone Has an Opportunity to Speak**: Since God made us, all persons are of equal importance and value, and all voices are important. I commit to assuring that everyone has an opportunity to speak, and I will encourage others to speak before I speak again.

**Participate Fully:** God has given each of us gifts that are given in the hope of expectation that these gifts will be shared. I will participate fully, share in the responsibility for the group’s process and experience, and commit to faithful attendance and reading the material before attending.

**Confidentiality:** Trust and respect must be offered as the terms of being together in this journey of faith. I will honor that everything that is shared within the group is to stay within the group.

***Be Positive No Spouse Bashing Stay on Topic***

\*taken from Just Faith Ministries

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